

Magazine Feature Section

BEAUTY

IN this day of short sleeves, it behooves the woman or girl to watch out for her arms and especially her elbows. Not sleeves are great rougheners of the elbows. The habit is to rest the elbow on the table, thereby making it tough and rough. It is not an easy thing to cure the rough elbow. The great trouble is that the elbows become rough in our schooldays and the condition continues until the girl is ready to go out in society and notices that her elbows do not look pretty.

The elbows should be scrubbed every day with a moderately stiff flesh brush and a good bland soap. Make a good lather and scrub well, being careful not to irritate the skin. After the scrubbing rinse in clear, hot water, dry and rub in cold cream.

At night soak the elbow in hot soapy water five minutes, then in hot clear water a few minutes and dry. While still hot set in a saucer with olive oil and let stay at least five minutes. Then rub round and round with the palm of the hand. It is better to take one elbow at a time. It will take time, according to the roughness of the elbows.

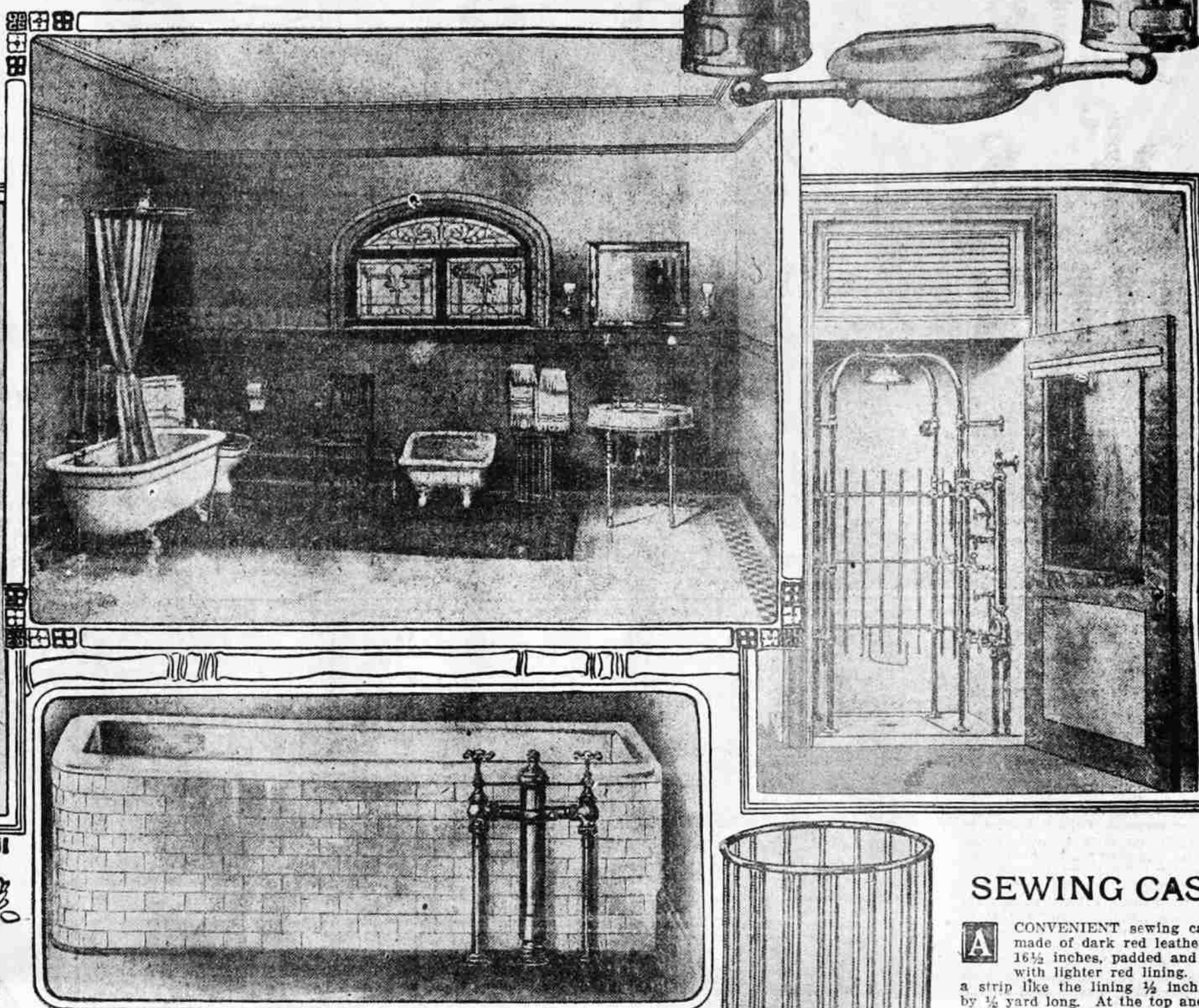
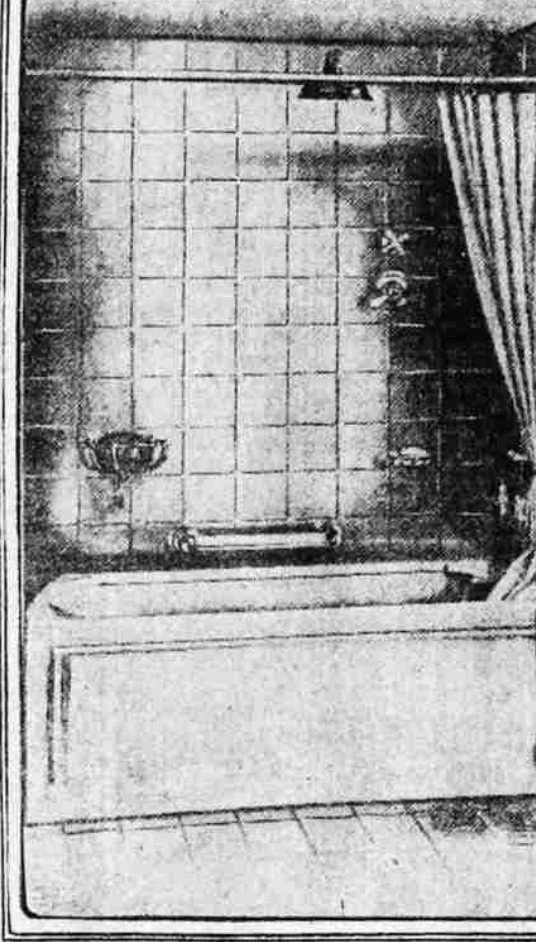
Sometimes otherwise pretty arms are spoiled by an eruption that appears on the back of the upper arms. This is due to a lack of proper surface circulation. Daily use of a bath brush is one of the quickest and most logical cures. The bristles promote circulation and remove the dead skin. Sometimes ten days or two weeks will make the arms as soft and smooth as the face. As the arms are about as conspicuous as the face nowadays it is well to have them in good condition.

When arms can be so beautiful it seems a pity that more girls do not possess them, for it is possible to cultivate them without much work.

They should be well washed at night with a mild soap and hot, soft water and a flesh brush, and rinsed in clear hot water. Dry thoroughly and rub in sweet almond oil freely, massaging around and around to plump and loosen from the bones.

The best manner of massage is to begin at the wrist. Clasp the other hand around the wrist and rub around until you have gone entirely up the arm. The hand should be dipped in oil occasionally to have enough for the entire surface. Then throw very cold water or rub a piece of ice up and down the arm to close the pores and hold the oil inside. Then pat the arm to absorb the surplus oil.

The Conveniences of the Modern Bathroom



SEWING CASE

A CONVENIENT sewing case is made of dark red leather, 10x16 1/2 inches, padded and lined with lighter red lining. Make a strip like the lining 1/2 inch wide by 1/2 yard long. At the top and bottom of center of case make loops for a pencil, which is often needed. Half an inch to the right of top loop make loop for thumb. One-half inch to the right of this make a diagonal loop for point of scissors. Make another diagonal loop for that part of scissors just above finger holes.

A third loop is only sewed down on one side and on the other is sewed a snapper. This goes through the finger holes and prevents scissors from falling out. To the right of middle loop for scissors make two more loops. The first for a packet of needles; the second for a tape measure. The left side of case is reserved for pins.

THE KITCHEN

Pineapple Trifle.
Pick a pineapple into small bits with a silver fork, make it quite sweet and let stand until sugar is quite melted. Mix with as much dry sponge cake, crumbled fine, as it will moisten. Bake half an hour and cover with meringue.

Sour Beets.
Wash beets and cook in boiling water until soft. Drain and reserve half cup water in which beets were cooked. Plunge into cold water, cut off skins and cut in cubes.

Sardine Salad.
Remove skin and bones from sardines and mix with an equal quantity of mashed yolks of hard boiled eggs. Arrange in nests of lettuce leaves and serve with mayonnaise dressing.

Tongue Toast.
Toast a thick slice of bread and butter it on both sides. Take a small quantity of remains of tongue, grate it, put in a stew pan with two hard boiled eggs chopped fine, mixed with a little butter, salt and cayenne, heat it quite hot, then spread thickly on buttered toast. Serve while hot.

Potato Parisienne.
Peel twelve medium sized potatoes, scoop out in little round balls by means of a vegetable cutter or scoop, blanch in boiling water, salted, and drain. Great care must be taken in blanching. They should be brought to the effect of a double stand-up military collar. Although there has been an attempt to bring back to favor the small round fur muffs of days gone by, there seems no likelihood of their being generally worn. The large pillow shapes are as warm and more effective and infinitely warmer and more comfortable to carry, and they are being made in every kind of fur to match the stoles, and trimmed, as they were last year, with heads, tails and paws.

THE GOLDEN WEDDING

A Remarkable Event Looked Forward to by All Married Couples.

BY LUCILLE DAUDET.

WE stopped at a small town hotel for dinner the other day and the proprietor, who showed us to our seats, apologized because he had to place us at a corner table.

"I've got a golden wedding party coming in from the country for dinner," he explained, "about fifty of them, so it makes the dining-room pretty crowded."

We made up our minds on the spot that we would be glad to be there until the party arrived. We wanted to see how country folks conducted such an affair.

They were due at 12:30 for the dinner. But even at 1 o'clock the long, gaily bedecked table still awaited the diners. From the office, came sounds of greetings and shufflings, and spasmodic talks.

"Yes, they're all here," said the proprietor, as he stuck his head through the doorway to see if we were all right, "but they can't seem able to get a move on now. Nobody seems to want to make a start."

But soon we saw the old couple veering toward the door of the dining room—the bride a quiet, pink-cheeked, motherly looking woman, the bridegroom a small man with a Roman nose and a certain air of being a little bit of a dandy.

They stationed themselves at either side of the door and shook their flock of relatives toward the table.

They were all there, from the oldest of the children to a wide-eyed great-grandchild, who simply refused to go to sleep as all good babies should. And the troop flocked in silently, diffidently, not quite sure what to do with their hands and feet.

There was no confusion about seating themselves at the table. They just stood around and waited for somebody to direct them. Perhaps that was their brand of politeness—not to be forward.

Finally the golden wedding bridegroom took the reins of government, arranged the seating, then took his own seat at the head of the table beside his placid bride.

"The old folks are the best looking of them all," whispered the Mater. I agreed. They were. And haven't you often noticed, in such a gathering, that the family seems to degenerate in sturdiness and poise and a certain firmness of purpose that marks the faces of their pioneer grandparents.

These people were plainly native Americans, and yet the only true American character, belonged to the two old people at the head of the festive board.

We left as the feast began, after waiting for "grace," and hearing "father say—'Well now, pass the eatables.'"

The pioneers here. They've helped build up the country around here. They worked hard and brought up a big family and they're still good for twenty-five active years apiece—stronger today than their grandchildren.

"Say—weren't they a long time getting started at their meal? That's the way with country folks. They take things slow, especially when it's something a little different from what they're used to. I put them up a regular dinner, too. The waiters just pass the food to them. Say—if I let that crowd order, they'd be lost. A menu would ball 'em all up and it would take them so long to make up their minds what they wanted to eat, that it would come supper time before they'd all get waited on."

"It takes practice to order from a menu. I know plenty of city men that get all fussed up when they look over a long menu. That's why most of them play safe by ordering roast beef and apple pie. It takes a good many years of experience to keep a level head when you look a menu in the face."

Talking of golden weddings—a matriarch we knew was a guest at one held by a city family a short time ago. And this was her enthusiastic comment:

"I'll never complain again about woman's lot in life. When I saw that fine old lady with her straight, fine old husband, standing there among their six big, straight, fine, clean sons—all good citizens—with their wives and their children, I made up my mind that the finest business a woman can be in, is the business of being a wife and mother. I tell you it took brains and character to hold that woman's job, and she's got results out of it that no other business can bring. I'd rather look forward to a golden wedding like that than to any other goal on earth."

BEDROOMS

WHEN a bedroom or small dressing room is papered with anything but a plain or neutral paper, bright colored or flowery chintz should never be used, but even a little color is needed to add tone to the room.

In a case of this kind one of the new bedspreads which are so pretty and easily made is just the thing to give the necessary color.

Select a plain white spread of good quality and rather heavy.

Cut from chintz a bunch of roses or a spray of gay colored flowers and baste one in each corner, with a large one for the center.

Sew to the spread and finish the raw edges with a fine feather stitch or with a long and short buttonhole stitch.

FASHIONS

IN FURS

BY MRS. KINGSLEY.

REAL musquash will be undoubtedly the favorite fur coats this winter, and some of the most successful models are arranged exactly on these novel lines, bordered round the hem with a deep skunk flounce, and finished with square collars of skunk and cuffs to match. These square collars are cut in the familiar sailor shape, a form which has never been associated with furs until now, and they are so ingeniously constructed and mounted on such soft linings that they can be drawn up quite closely under the chin and held in place there with silk cords, so that they give the same effect as those high military collars which are so characteristic a feature of all the new fashions for the winter, no matter in what material the coats may happen to be made.

Other coats of similar design are being carried out in seal coat with collars, cuffs, and a bordering flounce of skunk-dyed opossum, and these will be found excellent as substitutes, where the more costly furs are out of the question. As a matter of fact, however, the present is an excellent moment for purchasing really good furs, since the prices are certain to advance very considerably during the next few months. Some smart but useful full-length wraps, suitable for walking or for motoring, are made in furs, and many of these furs are trimmed with skunk, while others are arranged with large sailor collars, carried out in the same fur as that which is chosen for the coats themselves. For motor coats black pony skin remains a favorite fur.

As to the new stoles and muffs, their name is legion, and they have been prepared in an endless variety of novel shapes and in furs of all degrees and undyed, wolf, bear and marten are made in the natural animal shape and intended for wearing just lightly thrown round the shoulders, with the paws caught together in front. In the case of certain of the beautifully marked cross foxes, furs of this kind are undoubtedly most decorative, suggestion. Long, straight fur scarves, composed of several strands of skunk, will prove a good investment, since they can be worn in many ways, and as the skins are practically uncut when they are worked in this way, they can always be made up again in other shapes, after having been worn for one season in their original form.

Detachable skunk collars designed in the sailor shape already described will be sold separately and will be most useful for wearing between the seasons, either with a long tweed coat or with any kind of simple coat and skirt costume in serge or heavy-weight cloth. They look equally well, whether they are worn spread flatly over the shoulder at the back, or folded closely round the neck to give

ODDS AND ENDS

ALWAYS leave a small loop of the thread at each end when darning a hole to allow for the shrinking of the "mending cotton" when the stocking is washed. Run the darning cotton or yarn half an inch beyond the hole on each side, cover the hole with threads that are run closely together and not drawn too tight over the darning ball, then cross these threads in the regular darning style. Now run the needle a short distance around the darn with the mending cotton, and the stocking will not draw and tear about the mended hole.

QNE should provide for the sewing room an excellent sewing and cutting table with measurements, and see that the chair to be used when cutting is the proper height to fit it. There should be low and comfortable sewing chairs and a possible foot stool to afford rest by change of position. All of the room's furnishings should be of solid wood, with no tufted pieces to catch dust and threads. The sewing machine is, of course, the important factor of the room. This should be placed to have the best possible light fall upon it.

IT is an easy matter to cleanse at home white woolen scarfs and shawls. Prepare soapuds by boiling pure white soap in rainwater. Soak the article first in warm, clean water. Dip it in the soapuds and gently knead with the hands until it appears clean. Press between the hands with the wringing. Wash through fresh soapuds and place in cold water. Rinse through several waters and dry it between cloths. Never hang woolen articles upon the line. To stretch the full length upon a towel and cover with another absorbs the water without stretching the article out of shape.

THE tiny powder puff that is both luxury and necessity to the dainty woman needs a little covering of its own, when one goes a-traveling. Nine inches of three and one-half inch ribbon will do for the gathered part of the bag if you have three inches left over, or a tiny bit of silk of some contrasting color, to cover the round cardboard bottom, to which the gathers are sewed. The bag is drawn up with two narrow ribbons run through a half-inch casing, but the heading or ruffle is dispensed with. Do not forget that the inside of the round bottom is to be covered with white flannel and that you are to shake some powder into the bag before you put in the darling little powder puff.

IT was a great pity when the samplers of our great-grandmothers' time went out of fashion, for they helped many a little girl to learn how to prosper with a needle. For this reason it is good news to hear that there is now some chance of the mistake being rectified. It is said that the old crewel work is to return. Give any little girl a bit of canvas and some bright sewing and she will fashion the thing in her own way. The work will surely be interesting; it will keep the busy little hands out of mischief and the result will often be surprisingly good.

FOR bedspreads, curtains and dressing bureau draperies plain scrim is treated to a nice color process. Threads to the number of six are drawn from it in stripes or bars six inches apart. The open space is filled with colored dyes in linen, silk or cotton of a very heavy quality, or else with ribbon. The dyes are best, because they are laundable. One strand will not fill the opening, but from six to eight are

used; and they are measured, so that no piecing is required in the length or breadth of the material. The dyes are quite an item of expense, but the result will amply repay it. For bureau and curtains the openings may be drawn across the width, either throughout the entire surface or in a broad border. For the bedspread a barred effect will be more satisfactory.

QNE should provide for the sewing room an excellent sewing and cutting table with measurements, and see that the chair to be used when cutting is the proper height to fit it. There should be low and comfortable sewing chairs and a possible foot stool to afford rest by change of position. All of the room's furnishings should be of solid wood, with no tufted pieces to catch dust and threads. The sewing machine is, of course, the important factor of the room. This should be placed to have the best possible light fall upon it.

IT is an easy matter to cleanse at home white woolen scarfs and shawls. Prepare soapuds by boiling pure white soap in rainwater. Soak the article first in warm, clean water. Dip it in the soapuds and gently knead with the hands until it appears clean. Press between the hands with the wringing. Wash through fresh soapuds and place in cold water. Rinse through several waters and dry it between cloths. Never hang woolen articles upon the line. To stretch the full length upon a towel and cover with another absorbs the water without stretching the article out of shape.

THE tiny powder puff that is both luxury and necessity to the dainty woman needs a little covering of its own, when one goes a-traveling. Nine inches of three and one-half inch ribbon will do for the gathered part of the bag if you have three inches left over, or a tiny bit of silk of some contrasting color, to cover the round cardboard bottom, to which the gathers are sewed. The bag is drawn up with two narrow ribbons run through a half-inch casing, but the heading or ruffle is dispensed with. Do not forget that the inside of the round bottom is to be covered with white flannel and that you are to shake some powder into the bag before you put in the darling little powder puff.

IT was a great pity when the samplers of our great-grandmothers' time went out of fashion, for they helped many a little girl to learn how to prosper with a needle. For this reason it is good news to hear that there is now some chance of the mistake being rectified. It is said that the old crewel work is to return. Give any little girl a bit of canvas and some bright sewing and she will fashion the thing in her own way. The work will surely be interesting; it will keep the busy little hands out of mischief and the result will often be surprisingly good.

FOR bedspreads, curtains and dressing bureau draperies plain scrim is treated to a nice color process. Threads to the number of six are drawn from it in stripes or bars six inches apart. The open space is filled with colored dyes in linen, silk or cotton of a very heavy quality, or else with ribbon. The dyes are best, because they are laundable. One strand will not fill the opening, but from six to eight are

PEOPLE need as much as as varied a food for their nerves as for their bodies, and nearly everyone needs to build up nervous disposition need a nourishing nerve-building diet. Eggs served in various ways, milk and cereals, should be a standard part of the diet. Supply your table with quantities of fruit and fresh vegetables and serve bran bread or biscuit frequently. It is well to read up on dietetics and keep the table free of unwholesome combinations and indigestible foods. This study is an interesting one, but beware of fads. A diet must be varied to be wholesome and it is better to use spices and condiments in moderation than to let your dieting overzeal in leaving out everything that is not preeminently wholesome. Physicians are often asked what advantage there is in drinking water and how much one should consume in a day. The water drinking habit is a life saver. Ice water should, however, be tabooed, especially at meal time. Also ice water inhibits the activity of the nerves of the stomach, and lowers the blood supply which is necessary to perfect digestion.